

Snacks

Jack-o-Lantern Smash

Makes 36 servings

Two tablespoons pumpkin mixture per serving

Prep time: 5 minutes

INGREDIENTS

- 2 15 oz. cans 100% pure pumpkin
- 2 tablespoons of pumpkin pie spice
- 1 sleeve of low-fat graham crackers
- 1 tablespoon of honey*

PREPARATION

1. Place the pumpkin in a large bowl.
2. Add honey and pumpkin spice to the pumpkin and mix thoroughly.
3. Crumble all the graham crackers over the pumpkin mixture.
4. Place 2 tablespoons of pumpkin in a paper tray.
5. Serve immediately.

OPTIONAL

*Low-fat vanilla yogurt may be used in place of honey

Nutrition information per serving: Calories 40, Carbohydrate 8 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health

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